

Hi, {{ contact.FIRSTNAME }}

Rahm Report

As Thanksgiving approaches, I am reminded of all the things I have to be thankful for in my life. First and foremost, I am grateful to God that gave me my family and friends who support and love me unconditionally. I am also incredibly thankful for this amazing and dedicated ROOT community which have changed so many lives!

Furthermore, I am grateful for the countless blessings in my life - from small joys like a good cup of coffee in the morning to bigger blessings like new opportunities and experiences. And I am grateful for the chance to learn and grow, to make mistakes and become a better person each day.

Gratitude helps us to refocus on what is good in our lives. It allows us to appreciate the positive things that have happened to us, even amidst challenging times. It's not just about giving back to your community; it's about giving back to yourself. When you give back, you feel good. You feel like you're making a difference. And that feels pretty freaking great!

Again, I just want to say thank you to the entire ROOT community for all your dedication and hard work towards this company and yourselves. You all truly inspire me every day as we continue to change lives. Thankfulness is not just about saying "thank you" when someone does something for us. It involves taking the time to notice the good things in our lives and actively appreciating them. This could include showing appreciation for loved ones, experiences, possessions, or even small everyday occurrences. So, make sure to take a moment each day to express gratitude for all you have in your life.

At ROOT we love to give back! And just as another reminder...On November 24th, the Tesla Games will be over and the entry to win a brand-new Tesla Model 3 will be closed, so make sure you don't miss out. On Black Friday, November 25th, ROOT will be announcing the winner of the Tesla Games, and someone will be getting a new Tesla or a monthly cash bonus.

Oh, and I can't forget...ROOT has more exciting news for you all next week, so pay close attention because you won't want to miss anything ;) (hint: skincare, coffee, pets, clothes)

Cheers to Health and Happiness with Peace and Love

Dr. Christina Rahm

THE WEEKEND REPORT

Out Of Stock/Shipping Delays

pallet of Clean Slate. We are expecting to have that loaded in to inventory next week to start shipping. We also sent another shipment of Clean Slate just in case we are not able to get this pallet through customs.

Triad Aer - Due to inventory shortages we have removed ordering of these items from the site for the time being. We are working on fulfilling the remaining orders.

Please reach out if you have any questions
hello@therootbrands.com

ROOT Prime Members Call and TESLA Giveaway

The RPS call will be 11/25/22 @1:00pm CST Black Friday

We will also be having another call in the beginning of December.

ROOT Round Tables

Below is a tentative list of travel for the next few months. As spoken on a few calls, Dr Rahm is wanting to host round tables if Ambassadors are available to attend while we are in a city near them. Please note that this is tentative and liable to change.

Monaco	Nov 30TH- Dec 1
Hungary	Dec 2-4TH
Colorado	Dec 16-24
South Florida	Jan 8-10TH
New Jersey	Jan 10
Switzerland	Jan 15-20
Saudi Arabia	Feb 6-9
New York	Feb 9-15
Israel	Feb15-20
Monaco	March 20-22

Compliance Statement

All members of the ROOT Community must adhere to our strict company guidelines, and refrain from making medical claims or providing medical advice in conjunction with ROOT Wellness and our products, either verbally or in print. As a reminder, we are posting the FDA guideline below.

The following is an example of what you can use in your correspondence with customers:

The information provided is for educational purposes and is not intended as medical advice or a substitute for the medical advice of a physician or other qualified health care professional. We do not aim to diagnose, treat, cure or prevent any illness or disease. You should always consult with a doctor or other health care professional for medical advice or information about diagnosis and treatment. The information in this presentation has not been evaluated by the Food & Drug Administration or any other medical body.

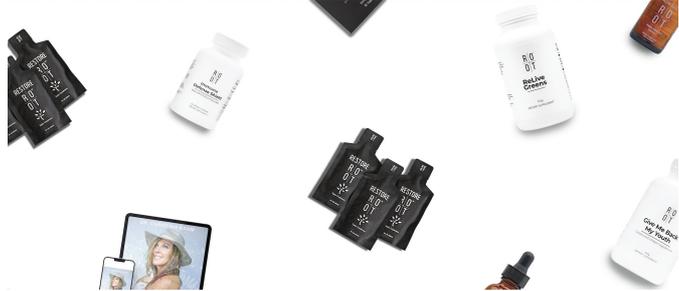
**FAILURE TO REMEDY OR RESPOND ONCE
WARNED WILL RESULT IN SUSPENSION OF
YOUR ACCOUNT**

BLACK FRIDAY IS COMING!



GET READY FOR THIS WEEK'S... BLACK FRIDAY SALE

Keep an Eye on social and our website for daily sales.
GET THEM WHILE YOU CAN



WEEKLY CALL SCHEDULE

MONDAY



ROOT University - Ambassador training with Clayton Thomas

Zoom link:
[https://us02web.zoom.us/j/84692612526?](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09)
[pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09)

Find your local number to dial in by phone:
[https://us02web.zoom.us/j/84692612526?](https://us02web.zoom.us/j/84692612526?pwd=dU1yR1kza2o2ZDQrK2hnOFhINi9lQT09)

Meeting ID: 846 9261 2526
Passcode: 891630

Interpreters: German, Czech Republic, Slovenia

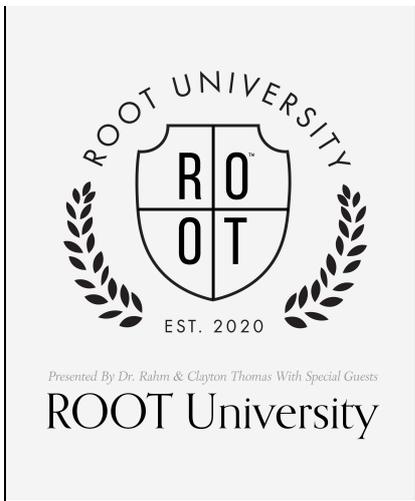
Time:
10:00 AM PST
11:00 PM MST
12:00 PM CST (Nashville)
1:00 PM EST
6:00 PM GMT (UK, Ghana)
7:00 PM CET, WAT (Netherlands, Germany, Nigeria)
8:00 PM South Africa
9:00 PM (Dubai)
5:00 AM (Tuesday) AEDT Melbourne

[Click Here To Join](#)

TUESDAY



ROOT University with Dr Rahm and



Clayton Thomas

Zoom Link:
[https://us02web.zoom.us/j/89849245403?](https://us02web.zoom.us/j/89849245403?pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09)
 ?
 pwd=bUFaZXFBMjR1UDVKOUe5RnNXbSs5UT09

Find your local number to dial in by phone:
<https://us02web.zoom.us/j/89849245403>

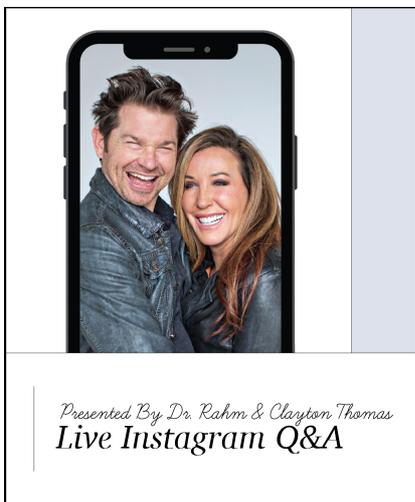
Meeting ID: 898 4924 5403
 Passcode: 394499

Interpreters: German, Czech Republic, Slovenia

Time:
 12:00 PM PST
 1:00 PM MST
 2:00 PM CST (Nashville)
 3:00 PM EST
 8:00 PM GMT (UK, Ghana)
 9:00 PM CET, WAT (Netherlands, Germany, Nigeria)
 10:00 PM South Africa
 12:00 AM (Dubai)
 7:00 AM (Wednesday) AEDT Melbourne

[Click Here To Join](#)

WEDNESDAY

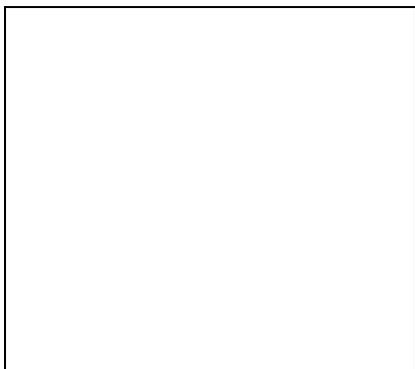


**Join us on Instagram Live!
 Tune in to Dr. Christina Rahm's Instagram page for a Q & A with her and special guests.**

Time:
 9:00 AM PST
 10:00 AM MST
 11:00 AM CST (Nashville)
 12:00 PM EST
 5:00 PM GMT (UK, Ghana)
 6:00 PM CET, WAT (Netherlands, Germany, Nigeria)
 7:00 PM South Africa
 9:00 PM (Dubai)
 4:00 AM (Thursday) AEDT Melbourne

[Click Here To Join](#)

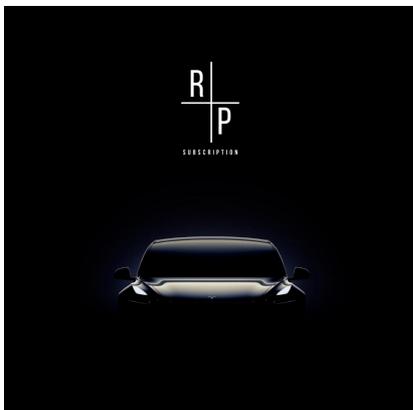
FRIDAY



ROOT PRIME MEMBERS CALL-TESLA GIVEAWAY

Please login to your ROOT Prime back-office to find the link for today's call. You must login go to your back office and then click ROOT PRIME. The button to the call will be above where your products are located. Please see the image below for reference.

Time:
 11:00 AM PST
 12:00 PM MST
 1:00 PM CST (Nashville)
 2:00 PM EST



7:00 PM GMT (UK, Ghana)
8:00 PM CET, WAT (Netherlands, Germany, Nigeria)
9:00 PM South Africa
11:00 PM (Dubai)
6:00 AM (Wednesday) AEDT Melbourne

ROOT Prime Subscription

ADD ITEM	EMAIL US	PRODUCT	UNIT PRICE	QTY	AMOUNT
		FAMILY PACK	\$275.00	1	\$275
		GMBMY	\$99.00	1	\$99
					Sub-Total: 374 USD

SCIENCE CORNER



Nutmeg

Is a popular autumn spice that is made from the seeds of a tropical evergreen tree native to Indonesia. It has a warm, slightly nutty flavor and is often used in desserts, curries, as well as drinks like mulled wine and chai tea. Nutmeg is a great source of antioxidants which are compounds that protect your cells from damage caused by free radicals. Nutmeg contains plant pigments like cyanidins, essential oils, such as phenylpropanoids and terpenes, and phenolic compounds such as ferulic and caffeic acids. It also contains anti-inflammatory properties called monoterpenes including sabinene, terpineol, and pinene. These compounds may help reduce inflammation in the body and benefit those with inflammatory conditions. Studies show that nutmeg has antibacterial effects against potentially harmful bacteria including E.coli and Streptococcus mutans. This popular fall spice has a variety of uses in the kitchen and can be used alone or paired with other spices such as cardamom, cinnamon, and cloves. It also works well in savory, meat-based dishes, such as pork chops and lamb curry.



Medical Disclaimer
The information provided is for educational purposes only and is not intended as medical advice or a substitute for the medical advice of a physician or other qualified health care professionals. This information is not to be used for self-diagnosis. Please always consult with your doctor for medical advice or information about diagnosis and treatment. Statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure, or prevent any disease. ROOT is a company founded on improving people's understanding of how toxins and chemicals can harm your health. Instead of focusing on symptoms, ROOT targets the underlying root cause with natural wellness.

The Root Brands

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